



Transform Your Pain into Power

5-MINUTE POCKET GUIDE

ACCEPT & FEEL YOUR PAIN

When coming out of my four-day coma after a massive heart attack that left me dead for twenty minutes; I had to deal with my pain at the core of my being for the first time in my life. I share this private moment below in the hopes that you take action now to deal with your personal pain and not waste fifty-six years like I did. Your new life awaits!

QUARKS OF LIGHT: CODE BLUE

At age fifty-six, I wondered, Where have you been, Rob? What's your life been all about? Why did you allow that silent voice to be drowned out? The one in those quiet moments when your mind was calm, constantly whispering that something in your life wasn't quite right. You never did find your real purpose, the one you were created for. Is that why you have never been at peace?

SEE ADVERSITY AS A CATALYST TOWARDS TRANSFORMATION

DO NOT FEAR ADVERSITY

When adversity comes—and it eventually comes to all of us—it's God's way of telling us something, asking us to do something, or asking us to let go of something.

ENVISION ADVERSITY AS A MIRROR

Adversity introduces us to our authentic selves and reminds us of who we are.



LIVE BY FAITH—NOT FEAR

QUARKS OF LIGHT: IT'S NOT HOME ANYMORE

"Faith and fear are the same thing. Faith is the belief that something good is going to happen. Fear is the belief that something bad is going to happen. How do you choose to live?" -The Rev

QUARKS OF LIGHT: INTO THE ETHEREAL

With each insight revealed, I think Of course! How simple. It has to be designed this way. Everything is created from the same ingredients, same formula. All people, all creatures, everything animate and inanimate are all connected. We just manifest physical forms differently, but all things are one. This the only way the Creator could have designed it. Only humans have made it so complicated.

Suddenly, I feel both exposed and free, realizing there is no place to hide my actions good or bad in the universe I think, If I hurt myself, I hurt everything connected to me. But if I love, the light will spread. I don't feel afraid or lonely here because I'm connected to everything. How can I be alone when I'm part of everything? Loneliness is just an illusion.

How we allow the Divine to express through us is all that matters. This is where we connect with our authentic selves. The rest is folly.

DIVINITY IS YOUR BIRTHRIGHT IDENTITY

When I had my near-death experience, I realized that we all come from the Divine Source.

I understood that I was not my body, my race, or my religion. The message I received was of unity, oneness and most importantly—relationship. This is our real identity. God experiences and expresses life through us.

Once we understand that our real identity comes from God—we can accomplish anything. This revelation puts our lives in perspective like no other. We realize that we come through our parents—not from them. We don't have to repeat anyone else's mistakes. We are free to discover our purpose, what we were sent here to create and become. Each of us comes into the world with a unique gift or talent that needs to be expressed if we are to live fully.

R. Gentile